

Select Your Class



High Energy



Mid - Low Energy



Pool Based

You can now earn loyalty points on most of our classes.

Pease sign up for an MSR Scorecard at the NSC main Reception and start earning now!



BOOK ONLINE

If you have an NSC account with an email address associated to it, you can log on to our online booking portal.

WWW.MSR.GOV.IM

If you have any issues, please visit www.msr.gov.im/help or contact our NSC team who will be happy to help.

Bookings can be made online for most classes, including pool-based sessions up to one week on advance.

Follow us on Facebook for updates on all of our classes.

Remember to bring your MSR Scorecard to earn your Loyalty Points.

National Sports Centre

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Isle of Man, IM2 1RB

Phone: 01624 688588

Email: nsc@gov.im

Web: www.msr.gov.im



Follow us on Facebook



NSC

NATIONAL SPORTS CENTRE

Adult Activity Timetable

September—December 2020



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	Morning				Afternoon				Evening	
Monday	Spin Tutor: Josh/ Christian 6.55am-7.25am £4.10	Swing of Things Tutor: Sue 9.30am—11.30am £3.60	Disability Multi Sports 10.00-11.00am £1.80	Southern Walk & Talk Tutor: Roy 10.00am—11.30am £2.00 Poulsom Park	Stretch N Flex Tutor: Liz 12pm—1pm £3.60	Aquafit Tutor: Liz 1.30pm-2.15pm £4.10	Yoga Tutor: Rachel 6.00pm—7.00pm £4.10	Pure Fitness Tutor: Shaun 6pm-7pm £4.10	Deep Water Aquafit Tutor: Shonna 6.15pm-7.00pm £4.10	Walk/Talk/Run Tutor: Nikki 7.15pm-8.00pm £1.05 Ramsey Prom
Tuesday	Bootcamp Tutor: Liz 6.55am-7.25am £4.10	Walk & Talk Tutor: Maggie 9.30am—11.30am £2.00	Gentle Spin Tutor: Liz 10.00am-10.45am £3.60	Aquafit Tutor: Lynda 11.30am-12.15pm £4.10	Boxercise Tutor: Lesley 12.15pm-12.45pm £4.10	Beginners Boxercise Tutor: Lesley/ Shaun 1.00pm-1.45pm £3.60	Glow Spin Tutor: Nikki & Jordan 6.15pm-6.45pm £4.10	Ladies Only Swimming 8pm-9pm £4.50	Walk/Talk/Run Tutor: Helen 6.30pm-7.15pm £1.05 Peel Prom	
	Spin Tutor: Josh/ Chrisitan 6.55am-7.25am £4.10									
Wed	Glow Spin Tutor: Jordan/ Lesley 6.55am-7.25am £4.10	Swing of Things Tutor: Sue & Liam 10.00am-12.00pm £3.60	Northern Walk & Talk Tutor: James/Paul 10.00am—11.30am £2.00 Mooragh Park	Body Toning Tutor: Liz 11.00am-12.00pm £3.60	Chair Based Exercise Tutor: Liz 12pm—1pm £3.60			Circuits Tutor: Liz 6pm—7pm £4.10		
Thursday	Bootcamp Tutor: Liz 6.55am-7.25am £4.10	Disability Spin Tutor: Gemma 10.30am-11.00am £1.80	Western Walk & Talk Tutor: Margaret 10.00am—11.30am £2.00 Peel Prom	Gentle Circuits Tutor: Liz 11.00am—12.00pm £3.60	Social Spin Tutor: Lesley 11am-12pm £3.60	Aquafit Tutor: Liz 12.10pm-12.55pm £4.10	Yoga Tutor: Aga 6.00pm—7.00pm £4.10	Deep Water Aquafit Tutor: Shonna 6.00pm-6.45pm £4.10	Walk/Talk/Run Tutor: Liz 6.00pm-6.45pm £1.05 Port Erin Prom	
Friday		Walk & Talk Tutor: Annie 9.30am—11.30am £2.00	Pickleball Tutor: Liam 10.00am-12.00pm £3.60	Beginners Yoga Tutor: Aga 10.00am-12.00pm £4.10		Core & More Tutor: Gemma 12.15pm-12.45pm £4.10	Disability Spin Tutor: Gemma 1.30pm-2.00pm £1.80	Social Spin Tutor: Lesley 2pm-3pm £3.60	Ready Steady Move Tutor: Jenni 6.00pm-7.00pm £4.10	
Saturday	Walk/Talk/Run Tutor: Nikki 9.00am-10.00am £1.05 Mooragh Park	Walk/Talk/Run Tutor: Josh/ Christian 9.30am-10.30am £1.05 South Barrule	Yoga Tutor: Aga 10.00am-11.00am £4.10	Body Toning Tutor: Liz 11.00am-12.00pm £3.60						
Sunday	Couch 2 5K Tutor: James 8.45am-9.45am £3.60	Bootcamp Tutor: Liz 9.00am-10.00am £4.10	Yoga Tutor: Aga 10.00am-11.00am £4.10					For full class descriptions and to book online please visit: MSR.GOV.IM		